



Purina grad student chow (aka sambhar.)



Chaz



[cvillette](#)

<https://cvillette.livejournal.com/>

2008-02-08 15:38:00

LOCATION: p.s. I hate waiting

MOOD: 😊 worried

MUSIC: The Killers - Mr. Brightside

What I ate so far today:

Oatmeal (4 cups), with fruit, milk, butter, and brown sugar.

3 cups of brown basmati rice with 2 cups of sambhar

6 jelly doughnuts

11 slices pizza

5 cups coffee

17 pieces of vegetarian sushi

2 blueberry muffins

4 cups tofu-berry smoothie

3 carrots

a Snickers bar

a peanut butter granola bar

and the Cowboy's coleslaw and pickle, which are things, apparently, that Cowboys do not eat. (He got a meatball sub instead of pizza.)

I sometimes get really bored with this whole eating thing.

So about that sambhar recipe....

Sambhar is, more or less, Indian lentil soup. It's made with masoor dal, which are red lentils (dry, they are a really spectacular neon orange color which, sadly, they lose when cooked) and vegetables and a special spice mix. I learned how to make it from Rohit, my grad school office mate. I still make it because it's cheap and I like it and I can feed it to vegetarian friends.

You can make an enormous pot of it for about five bucks, once

the initial outlay for the spices is done.

Here is one recipe for the spice mixture, but there are as many recipes for sambhar powder as there are for chili powder.

Take the following:

40g of raw unsweetened untreated coconut
10g of red chilis
55g of chana dal (you can substitute yellow or green split peas)
5g coriander (whole seeds or powder)
2g cloves (whole or powder)
4g cumin (whole or powder)
3g fenugreek (whole or powder)
4g turmeric (whole or powder)
25g mustard seeds (whole)
10g peppercorns
5g cinnamon (whole or powder)

It's also supposed to have curry leaf and asfoetida in it, but those are hard to get. (You can also leave out the fenugreek, really.)

Take all of this stuff, put it in a dry cast iron pan, and toast over medium heat, stirring regularly. The coconut will begin releasing oil as it's heated, and any powdered spices will stick together a little bit. This is normal.

When it smells like roasted spices, take it off the heat. **(Failure mode:** do not burn it! if you scorch it, it's ruined and you have to start over, and if you are making sambhar because you are a poor grad student, you will be sad. Like this: :()

Take the roasted spice mixture and put it in a blender or food processor or (clean) coffee grinder, and grind it into a powder. Put the powder in an old deli container.

For the sambhar:

1 medium yellow onion
oil or butter or ghee to sautee (maybe a tablespoon)
1 16 ounce can of tomatoes
5-6 cloves of garlic
2 cups masoor dal
1 teaspoon tamarind concentrate
water or vegetable stock
salt

whatever fresh or frozen veggies you have on hand, including leftovers.

Now get your big soup pot (we used to use an electric wok) and start sauteeing the onion in it. When it reaches the point where random passers by are poking their head in to see what tastes so good, add a tablespoon or two of the sambhar powder and sautee it just a little longer. Then dump the tomatoes and garlic and dal and tamarind in the pot, and add enough water so that the consistency is souplike. Stir it well, turn it down to medium low, and *walk away*. That's right. Put it down and *walk away*.

Come back every so often and make sure you are not burning it to the bottom of the pan, and add water if it has gotten sludgy. When the color has changed to a kind of dull yellow-brown (so sad!) and the lentils are cooked to breaking down, turn off the heat and dump in the veggies (cut up bite sized--Rohit and I used to just dump in two bags of the cheapest frozen veg on the market--carrots, corn, green peas, lima beans, and green beans cut into tiny indistinguishable cubes.) and give it a stir, then leave it alone for five or ten minutes to cook from the residual heat. Add salt to taste.

Dump over rice. Eat!

SAVED FOR ANOTHER WEEK, and maybe enough money left over for a case of cheap beer.

Failure Modes:

Too much water (can be corrected by cooking it down.)

Not enough water

TAGS: [recipes](#)



[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets.


Puppets. Poppet
puppets. Scary.

 [beatriceeagle](#)

[February 8 2008, 21:04:12 UTC](#) [COLLAPSE](#)

This is another recipe that I'm forced to ask if there's a tame version of, because I really want to try it! So. Which spices could I possibly leave out to make it bearable to me?



 [inaurolillium](#)

[February 8 2008, 21:16:32 UTC](#) [COLLAPSE](#)

If it's heat you're worried about, just leave out the chiles, and maybe the peppercorns. None of the rest of those are especially spicy.




 [cvillette](#)

[February 8 2008, 21:37:03 UTC](#) [COLLAPSE](#)

She needs to drop the bittering agents too, I think. Or else-- AUGH!



 [inaurolillium](#)

[February 8 2008, 21:41:18 UTC](#) [COLLAPSE](#)

You're right, that'd leave the balance off. *sigh* I ought to know better by now than to post when I first wake up.

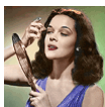


 [cvillette](#)

[February 8 2008, 21:59:06 UTC](#) [COLLAPSE](#)

somebunny is on Restaurant Time.

Also, IIRC, she's a supertaster, so bitter or hot, not so much.



 [Ometotchtli](#)

[February 8 2008, 22:00:10 UTC](#) [COLLAPSE](#)

Whaddaya mean, IYRC? You're a visual/auditory/tactile eidetic. You're creepy-ass.



 [cvillette](#)

[February 8 2008, 22:00:55 UTC](#) [COLLAPSE](#)

...s'only 97% recall.

0.0

I goof all the time.



 [eljefe](#)

[February 8 2008, 23:36:32 UTC](#) [COLLAPSE](#)

Be nice. I was visual/auditory/emotional eidetic, but around my mid twenties it stopped. Brain drew new pathways or something, thank goodness.

 [matociquala](#)

[February 8 2008, 23:39:31 UTC](#) [COLLAPSE](#)

I had tactile, but it quit when the PTSD kicked in.

I miss it.



 [eljefe](#)

[February 8 2008, 23:45:08 UTC](#) [COLLAPSE](#)

I don't. It was like a DVD in my head, replaying scenes in perfect clarity. All of the emotional confusion from my teen years, plus a bunch of other stuff. Now it's more like VHS copy of broadcast TV, I recall the general emotional theme, and some basic background, but not the word for word, point by point that I had before.

 [matociquala](#)

[February 8 2008, 23:49:41 UTC](#) [COLLAPSE](#)

I had the thing where I could always remember where the last time I laid hand on something was, or where in a book a particular passage lay.

The part where the eideticism is cruel is that I can recall, with perfect clarity, some of the abuse. The parts I haven't blocked out, anyway. (Sometimes they come back, in a flood of colors. Yo.)



 [eljefe](#)

[February 8 2008, 23:55:56 UTC](#) [COLLAPSE](#)

I can still do that with a book, I don't need a book mark. I'm quite absent minded when it comes to setting things down though, my mind is on one track while the body is on another. *laughs*

Colors? Synesthesia? I just get the emotions, as raw as they were the first time. Bleck.

 [matociquala](#)

[February 9 2008, 00:01:33 UTC](#) [COLLAPSE](#)

No synesthesia. I get voices in my head. And I get the physical response.

As for bookmarks, as long as I remember to glance at the page before I set the book down, same deal.




 [eljefe](#)

[February 9 2008, 00:03:48 UTC](#) [COLLAPSE](#)

Silly brain, tricks are for kids. *grin*



 [inaurolillium](#)

[February 8 2008, 22:02:31 UTC](#) [COLLAPSE](#)

Somebunny is on insomnia-all-this-week time.
Didn't know she was a supertaster. Useful info.




 [cvillette](#)

[February 8 2008, 22:31:04 UTC](#) [COLLAPSE](#)

Ow. Sorry. You could have some of the sleep I'm not using?



 [inaurolillium](#)

[February 8 2008, 22:38:27 UTC](#) [COLLAPSE](#)

Thanks, but I'm slowly getting back to a real schedule. I actually got 8 hours last night, they were just a bit later than I would have liked.
Eeep! Late for work!



 [cvillette](#)

[February 8 2008, 21:34:22 UTC](#) [COLLAPSE](#)

Leave out the chilis--or just use one or two, for flavor--dried red chilis aren't actually that hot. Also--you're a supertaster, right?--leave out the fenugreek and turmeric (bitter). And then what I would do is make the soup with no seasoning, and then slowly add the sambhar powder until it tastes right.

Alternately, you could use garam masala or sweet yellow curry in place of the sambhar powder, because they are both sweeter.

Tamarind tastes a little like lemonade. You will want to go easy on it, and add it slowly, tasting as you go.



 [beatriceeagle](#)

[February 9 2008, 02:20:01 UTC](#) [COLLAPSE](#)

Thank you! One of these days, I'll get around to cooking, and I'll actually make some of these things.

(Re: supertaster, I'm a self-proclaimed one. I hate spice enough, anyway.)



 [cvillette](#)

[February 9 2008, 02:22:20 UTC](#) [COLLAPSE](#)

You could always look at your tongue with a magnifying glass. Apparently, the extra taste buds are readily evident to visual inspection. ;-)



[beatriceeagle](#)

[February 9 2008, 02:31:35 UTC](#) [COLLAPSE](#)

So I've heard! I'm actually in the process of procuring a magnifying glass -- I have the blue food dye and page protectors already.



[cvillette](#)

[February 9 2008, 02:33:45 UTC](#) [COLLAPSE](#)

....

I like you.



[beatriceeagle](#)

[February 9 2008, 02:41:18 UTC](#) [COLLAPSE](#)

And I like you! Rather fortuitous, isn't it?



[cvillette](#)

[February 9 2008, 02:50:05 UTC](#) [COLLAPSE](#)

awwwwwwwwwwwwwwwww.



[beatriceeagle](#)

[February 9 2008, 06:05:59 UTC](#) [COLLAPSE](#)

So, I couldn't find a magnifying glass, but I was bored and impatient and went ahead with the blue food dye and page protector anyway. Depending on where I put it, I was getting a range from 25-40 fungiform papillae. Minimum for supertasting is 30, so I'm going to go with yes.

...Now to figure out how to undye my tongue.



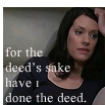
[cvillette](#)

[February 9 2008, 12:06:49 UTC](#) [COLLAPSE](#)

Awesome! Scientific method in action!

Welcome to the League of Lame Superpowers.

There are no health benefits, but at least we don't make you wear your underwear over your tights on the street.





[beatriceeagle](#)

[February 9 2008, 15:35:54 UTC](#) [COLLAPSE](#)

Oh, cool! I've never belonged to a League before. Do I at least get a cape? (And, in the interest of gaudy super-dressing, can it have fake fungiform papillae on it?)



(In the course of my Googling, I actually found a blog wondering whether supertasting is a superpower or a handicap. I do love the Internets.)

  [cvillette](#)
[February 9 2008, 18:20:04 UTC](#) [COLLAPSE](#)


You can totally have a cape with fake fungiform papillae on it.

Or maybe even real ones. A GIANT PINK TONGUE!



(ew.)

  [beatriceeagle](#)
[February 9 2008, 19:26:23 UTC](#) [COLLAPSE](#)



I already own one of those. Her name is Dali, and she's a lhasa apso.

 [anderyn](#)
[February 8 2008, 21:41:28 UTC](#) [COLLAPSE](#)



Do you have any idea what spice is commonly used in both Indian cooking and Middle Eastern cooking, she asks, tentatively? Because both of those cuisines make my tummy react violently, I don't know what spice it could be. (I also can't seem to drink chai, fwiw.) I have used most of the more common spices separately in recipes and never had a problem, but ...

  [cvillette](#)
[February 8 2008, 22:07:37 UTC](#) [COLLAPSE](#)



Cardamom?

  [trollcatz](#)
[February 8 2008, 23:24:31 UTC](#) [COLLAPSE](#)

I hate missing Friday. How did you lose the doughnut?

  [cvillette](#)
[February 8 2008, 23:53:05 UTC](#) [COLLAPSE](#)

Bah. Ask the wabbit.

  [glinda_w](#)
[February 9 2008, 01:28:46 UTC](#) [COLLAPSE](#)

Thank you for using the "recipes" tag - I just used it to find the biscuit recipe. Which I'll make in a couple of days, when I make a big ol' pot of bean soup.

Tonight, it's the curry again, though I'm going to tweak a couple of things (more sweet potato! garbonzos in place of half the lentils! turkey stock again, 'cause I've got all those lovely pint jars of it! maybe a bit more curry powder.) nomnomnom. And you were right, it freezes well; but I've none left in the freezer.



[cvillette](#)

February 9 2008, 01:35:22 UTC [COLLAPSE](#)

That is the bullet proof curry. Works every time.

And I am glad you like it.

[locked] [Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

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